

## What is Every Woman Matters?

Every Woman Matters is a program that can help you get your annual health check up. The program is for women 40 through 64 years of age, who have limited or no health insurance, and have a low or medium income.

Every Woman Matters pays for the following check ups:

- Pelvic exam with a Pap test
- Clinical breast exam
- Teaching of breast self exam
- Blood pressure check
- Cholesterol check
- Blood sugar (glucose) check
- Mammogram

Every Woman Matters also pays for other follow up tests including cervical and breast biopsies and other tests to diagnose breast and cervical cancer.

## How do you qualify?

- Women 40 through 64 years of age
- Do not belong to an HMO (Health Maintenance Organization)
- Do not belong to Medicaid
- Do not belong to Medicare
- Have a low to medium income

Number of people in household	FREE	Suggested \$5 Donation
1.....	\$0 - \$ 9,570	\$ 9,571 - \$21,533
2.....	\$0 - \$12,830	\$12,831 - \$28,868
3.....	\$0 - \$16,090	\$16,091 - \$36,203
4.....	\$0 - \$19,350	\$19,351 - \$43,538
5.....	\$0 - \$22,610	\$22,611 - \$50,873
6 or more.....	call 1-800-532-2227	

\*Effective July 1, 2005-June 30, 2006

## How do you enroll?

You can enroll in Every Woman Matters by contacting the places listed below to receive an enrollment form:

- Calling Every Woman Matters at 1-800-532-2227.
- Contacting your local Outreach Worker if listed on the back of this brochure.
- Contacting a doctor's office or clinic. Many doctors and clinics are a part of Every Woman Matters. Ask your doctor or clinic to be sure.
- Calling the National Cancer Institute at 1-800-4-CANCER.

## After you fill out the enrollment form, what should you do?

- Send it to Every Woman Matters at the address on the back of this brochure or give it to your local Outreach Worker. If you enroll at a doctor's office or clinic, they will take care of the paperwork.
- In a week to ten (10) days you will receive a Screening Card and a list of doctors and clinics and/or a letter welcoming you to the program.
- Choose a doctor or clinic off the list and make an appointment. When you make the appointment, tell the doctor or clinic that you are part of Every Woman Matters.
- Take your Screening Card with you to your exam.
- Every Woman Matters will notify you when it is time for your next annual check up.

# GET YOUR CHECK-UP TODAY!

Do it for  
your  
family...  
do it for  
yourself!



You're Worth It!

## Myths & Facts

**Myth:** “I feel fine; I don’t need a check up.”

**Fact:** During your check up if you have high blood pressure or high cholesterol, it can be treated and/or you can change your lifestyle before it leads to heart disease. Also, by having tests that check for breast or cervical cancer regularly, cancer can be found early and treated.

**Myth:** “If I get my test once, I don’t need to go again next year.”

**Fact:** If you’ve already had one check up, that’s a terrific start. But once is not enough. Every woman age 40 and older should include annual check ups as part of her regular healthcare routine.

**Myth:** “There’s no history of breast cancer in my family, so I don’t need to worry about it.”

**Fact:** While a family history of the disease is a risk factor, 80% of people who develop breast cancer have no history or other known risk factors of the disease in their families. Regular mammograms and breast exams are the only way to find cancer early when it can be treated best.

**Myth:** “If I’m diagnosed with breast or cervical cancer, I can’t afford to pay for treatment.”

**Fact:** Every Woman Matters does not directly pay for treatment but if you are diagnosed with breast or cervical cancer through the program, you may be eligible for other programs to help pay for treatment services. Call Every Woman Matters to find out more.

*Every Woman Matters*



NEBRASKA OFFICE OF WOMEN’S HEALTH

NHHS-Office of Women’s Health

Every Woman Matters

301 Centennial Mall South

P.O. Box 94817

Lincoln, NE 68509-4817

Toll-Free: 800-532-2227

In Lincoln: 402-471-0929

Fax: 402-471-0913 or 402-742-2379

TDD: 1-800-833-7352

E-Mail: [every.woman.matters@hhss.ne.gov](mailto:every.woman.matters@hhss.ne.gov)

Website: [www.hhss.ne.gov/womenshealth](http://www.hhss.ne.gov/womenshealth)

Your local Outreach Worker is:

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NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



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# Helping Women Live Healthier Lives

